

NEWSLETTER

BEAUTIFUL NEW BEGINNINGS CIC

SEPTEMBER 2026



UPCOMING FULLY FUNDED OR DONATION BASED EVENTS

CHILDREN'S WELLBEING EVENTS

Wellbeing Warriors, children age 8+, fun wellbeing activities, 1st Tuesday each month, West Derby 6.30pm

Children's Yoga Sessions, 1st Tuesday each month, West Derby 7.30pm

Family Mindfulness Sessions, 3rd Tuesday each month, all ages, West Derby 6.30pm

Family Yoga Sessions 3rd Tuesday of each month, age 4+, West Derby 7.30pm

Stand Up Paddle Boarding 5th Sep 10am and 12pm



ADULT'S WELLBEING EVENTS

Adult's Theta Healing Meditation Class
Tuesday 8th Sep 7.40pm. West Derby.
Join us for deep relaxation and energy healing to release self limiting beliefs.

Adult's holistic Wellbeing Workshop
"Autumn Pause" Come along to relax and reset for the new season. 22nd Sep 7pm

COFFEE EVENINGS

SEND parents and carers coffee evening last Tuesday of each month 7-9pm. St Mary's Millennium Centre, West Derby. On the 29th September SJ Fitness will run a session on sensory circuits and simple home exercise for all the family.



SCAN ME

Full information and future dates for all events can be found on the website. Please note that most events are limited in numbers so please book quickly to avoid disappointment.

All events must be booked. To book use the QR code to go to the events page or visit www.beautifulnewbeginnings.co.uk/events We can't wait to welcome you!



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FOREST SCHOOL

All forest school locations run term time.

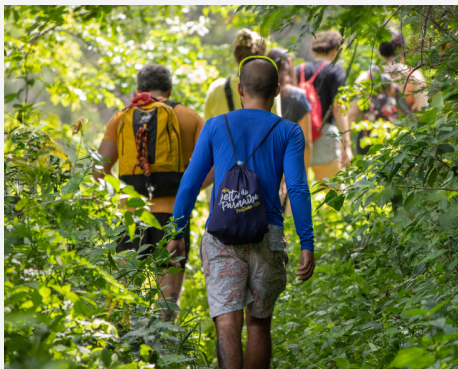
Little Wood Stockbridge, Mondays 10am.

Norris Green Park, Tuesdays 10am.

Tower Hill Eco Therapy Garden, Wednesdays 10am

Plantation Primary, Fridays 10am

Forest School Practitioner training also available.



COMMUNITY WALKS

Everyone is welcome on our community walks.

Currently running once per month in various locations.

Dates vary.

Wellbeing Walk, Croxteth Park, 4th September 10am

Buggy Wellbeing walk, Croxteth Park 25th September 10am



ONLINE EVENTS

We regularly add online events to the website.

Please check our events page to keep up to date. If you can't tune in live, it's still worth registering because we can send you the recording of the session!

STAY AND PLAY

Prescot Stay and play every Thursday term time

1pm-2.30pm

Millennium Centre West Derby every Friday term time

1pm-2.30pm



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